English “Clock” System

Note:

1. You must use slower speed for 9, 10, 3 to ensure CB roll into the OB.

2. The amount of rebound-angle change depends on the angle of the CB into the cushion (there is greater effect straight into the cushion, and less effect at less steep angles into the cushion).

3. In general, the effect of reverse english is not as great as running english.

4. Reverse english slows the CB off the rebound, and running english adds speed.

5. You must adjust your aim for squirt, swerve and throw as appropriate.